

APRIL 2022	DAY	SESSION	WEEK 9 - NOTES	REAL MIN	
28	MONDAY	AM	<b>Run</b> <b>Warm Up:</b> - 5 min: walk/light jog, 3 min: dynamic stretching; 3 min: Run throughs (50%,70%,85%,95%) <b>Main:</b> - 5min: Interval @ intensity 6-7 - Hit 5 greens 2 min rest: - (Repeat x6) <b>Cool down:</b> - 5 min: Walk; 5 min: Static stretching & foam rolling	60Min	
		PM	<b>S&amp;C</b> <b>Warm Up:</b> - 5 min: walk/light jog, - 5 min: dynamic stretching <b>Main:</b> Prepare a circuit of 10 bodyweight exercises (e.g. squats, planks, burpees, swimmers, hamstring curls, hip thrust, single/double leg raises, plank up and downs, bridges, mountain climbers, sit ups, leg tucks etc. ) • Warm up appropriately so you are warm and ready to go • 45 seconds on 15 seconds off 3 Circuits through (2 min break in b/w circuits) <b>Cool down:</b> - 5 min: Walk - 10 min: Static stretching & foam rolling	60Min	
29	TUES	AM	Swim	Squad Swimming 3 - 3.5 Km	90min
		PM	Fencing	Fencing Lesson & Bout	120min
30	WED	AM	<b>Laser Run</b> <b>Warm Up:</b> - 5 min: walk/light jog - 3 min: dynamic stretching - 3 min: Run throughs (50%,70%,85%,95%) <b>Main:</b> - 400m: Intervals RPE – 8+ - 90sec rest: Hit 5 greens - (Repeat x 6) <b>Cool down:</b> - 5 min: Walk - 3 min: Static stretching & foam rolling	50min	
		PM	Riding	Riding Lesson	45mins
31	THURS	AM	Sleep In	Rest and recover	
		PM	Fencing	Fencing Lesson & Bout	120min
1	FRI	AM	Swim	Squad Swimming ~3 Km	45 Min
		PM	<b>S &amp; C</b> <b>Warm Up:</b> - 5 min: walk/light jog, - 5 min: dynamic stretching/ mobility <b>Main:</b> Prepare a circuit of 10 bodyweight exercises (e.g. squats, planks, burpees, swimmers, hamstring curls, hip thrust, single/double leg raises, plank up and downs, bridges, mountain climbers, sit ups, leg tucks etc. ) • Warm up appropriately so you are warm and ready to go • 45 seconds on 15 seconds off 2 Circuits through (2 minute break in between circuits) <b>Cool down:</b> - 5 min: Walk - 10 min: Static stretching & foam rolling	20 Min	
2	SAT	1	<b>Laser Run</b> <b>Warm Up:</b> - 3 min: walk/light jog; - 3 min: dynamic stretching; - 3 min: Run throughs (50%,70%,85%,95%), Dynamic Drills, high knees, bum flicks, strides, bounds, quick feet. <b>Main:</b> - 200m: Intervals RPE – 8+; - 90sec rest: Hit 5 greens - (Repeat x 10) <b>Cool down:</b> - 5 min: Walk 10 min: Static stretching & foam rolling		
		2	Fencing	Fencing Lesson & Bout	120min
3	SUN	1	Riding	Riding Lesson	60min
		2		Prepare for the week ahead, plan for homework, snacks, refuelling	
COMMENTS		<p>Intervals will be very competition specific over the next couple weeks. Start to push yourself close to max in these intervals to get the most out of them. From this point on all running intervals will be Laser-run specific, really utilise these to get used to shooting under fatigue. Ensure good recovery and refuelling between sessions, to ensure you are best equipped to perform at your best for every session.</p> <p>training sessions. CONSISTENCY - (then) - VOLUME - (then) - INTENSITY</p>			